

Personal ensign carried proudly into new land

Editor's note: The following is part of a series of columns on the life of pioneer-Utah artist C.C.A. Christensen.

By Dennis Smith

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The final weeks had been the most difficult, pulling handcarts up long inclines that sapped their strength to the limit. Then, from high ridges the trail dropped dangerously downward. What little strength they had left was necessary to hold the wheels back on the steep slopes.

It was a backbreaking and disappointing task. Each day seemed longer and more difficult than the last. But an awareness that they were finally nearing their long-sought goal encouraged them.

Finally, on the 13th of September 1857, the stragglng company of European Mormon immigrants, composed mostly of Scandinavians, wended their way down the final few miles of rugged trail through Emigration Canyon, which opened onto a broad plateau above the Salt Lake Valley.

C.C.A. Christensen and his young Norwegian wife, Elise, pulled their handcart to the side of the trail on the brow of a small rise that gave a commanding view of the valley.

Carl balanced the cart against the slope of



DENNIS SMITH

the hill and Elise settled against the side of its large wheel for a brief rest.

Carl dipped with a cup from a small keg of water in the back of the handcart, running the water over his neck and arms. Still cool from having been dipped from the canyon's stream, the moisture brought new strength to his exhausted body.

He dipped again and handed the cup to Elise as he sat down. Other members of the company called out to them as they passed by — exhilarated shouts for joy and gestures

toward the valley before them.

It was a broad, flat valley, opening long and wide to the south and curving off to the north as well. Toward the west, the late afternoon sun glowed over the unmistakable and shimmering surface of what had to be the Great Salt Lake they had heard so much about.

Between here and the lake, a little to the north, there were the clearly distinguishable features of a fledgling city. The trail veered off in that direction and was mottled with

clusters of tired travelers.

For a minute longer they sat and looked out over the valley, but it was getting late, and they still had a good distance to go before nightfall.

"You go ahead," he said in her native Norwegian, at the same time brushing a long strand of hair from her eyes. "I'll be along in a minute."

She gave him a slight embrace and then was on her feet and headed back onto the road.

He rose toward the handcart, tucked the cup into a corner, then, lifting back the canvas a bit, reached far back into their precious belongings as if searching for something.

After a few moments his hand emerged with a small bundle, which he carefully unrolled. It was a small Danish flag.

He walked a few feet to a small outcrop of scrub oak and broke off a dead branch, which he brought back to the handcart.

With his knife he cut a few thin strips of rawhide, tied the flag to the makeshift staff and then proceeded to attach it to the front corner of the cart. This done, he hurriedly put away his tools, took up the cart and pulled back onto the road.

As he scurried to catch up with his Elise, Christensen's cart could be seen jostling down the final slopes toward the city, a blur of white canvas, indistinguishable from all the others on the trail, except for its bright red banner with a white cross that waved back and forth with each step he took into this new land of promise.

Dennis Smith is an artist and writer living in Highland, Utah County.

About two-thirds of their patients needed only a single 20-minute treatment that cost about \$150; the others got two to four injections at weekly intervals. More than half of those treated recovered near-total use of their shoulders. Another 30 percent saw major improvements.

The Morris' research was presented at the May 1994 meeting of the American College of Rheumatology in Orlando, Fla.

"We had one older woman who got back 70 percent of the use of her shoulder and arm," said Alton Morris.

In an ordinary trial this would not be a great success, but it meant "this woman could brush her hair and dress herself and do many more of the activities of daily living

Follow-up X-rays of the eight or so who were not helped showed such severe shoulder damage that only total joint replacement was likely to help, Christopher Morris said.

The two doctors have followed some patients for up to five years. Most had no recurrence of the frozen shoulder syndrome, and there have been few serious side effects, although some diabetics' blood sugar was temporarily elevated.

"We've had lot of success and have saved patients the expense of other treatments and diagnostic techniques," Morris said. These include: consultations with orthopedic specialists, shoulder bone scans, X-rays, magnetic resonance imaging (MRIs), long-term physical therapy and weekly cortisone

that the average person with a frozen shoulder spends between \$4,000 and \$10,000 on diagnosing and treating the ailment "over a six-month period and may not be much better off at the end of it all."

In traditional injection therapy, doctors may not place the needle deep enough into the shoulder to dispense cortisone to the inflamed spot. Giving steroids intravenously appears to eliminate this problem.

— Maturity News Service

forming and acquired a love for acrobatics. She was a member of a performing troupe called the Provoettes, in which movie star Marie Bertelson Windsor was a fellow teammate.

Her interest in ballet was secondary until much later. "I just wanted to teach better ballet to my students," she said.

She enrolled in a teachers course 25 years ago, taught by a pioneer of American ballet, Willam F. Christensen, at the Uni-

versity of California, Berkeley, where they've been meaning to do. "I would like to take the time to organize my mementos from my students and put together scrapbooks," Anderson said. "And do more with poetry. But I guess that sounds kind of stupid. "It's been fun," she added. "Because we've been together," Mann grinned. "We've been lucky," Anderson said. "This is not a business, it's a friendship."

Summer Games in Atlanta

Team" that won a gold medal in the 1992 Barcelona Games.

The 15 cents depicts Mark Breland, also of the United States, who won a gold medal in boxing's welterweight division in the 1984 Los Angeles Olympiad. Another winner in the 1984 Olympics, Y. Gushiken of Japan, is pictured on the \$1. Gushiken won a gold medal in the men's gymnastics rings competition.

The 65 cents illustrates Matt Biondi of the United States winning a gold medal in the men's 100 meters freestyle swimming at the 1988 Seoul Games.

The 20 cents shows a freestyle wrestling match. The 25 cents portrays a judo match. The 55 cents has an action view of a fencing match. The \$2 depicts a men's cycling race.

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— Syd Kronish

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